

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*\$3/class members; \$5/class community
 ** \$10/class members only
 *** \$40/session (October 7-December 2)

6
 9 am • Circuit • Joan

13
 9 am • Circuit • Joan

20
 9 am • Circuit • Joan

27
 9 am • Circuit • Joan

7
 8 am • Circuit • Joanne
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

14
 8 am • Circuit • Joanne
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

21
 8 am • Circuit • Joanne
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 12:15 pm • Theater Club
 5 pm • Zumba Gold • Bonnie

28
 8 am • Circuit • Joanne
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

1
 10 am • Circuit • Elaine
 11 am • Beginner Tai Chi • Sandy*
 12 pm • Intermediate Tai Chi • Sandy*

8
 10 am • Circuit • Elaine
 11 am • Beginner Tai Chi • Sandy*
 12 pm • Intermediate Tai Chi • Sandy*
 1:30 pm • Mah Jong

15
 10 am • Circuit • Elaine
 11 am • Beginner Tai Chi • Sandy*
 12 pm • Intermediate Tai Chi • Sandy*
 1:30 pm • Book Club
 1:30 pm • Mah Jong

22
 10 am • Circuit • Elaine
 11 am • Beginner Tai Chi • Sandy*
 12 pm • Intermediate Tai Chi • Sandy*
 1:30 pm • Mah Jong

29
 10 am • Circuit • Elaine
 11 am • Beginner Tai Chi • Sandy*
 12 pm • Intermediate Tai Chi • Sandy*
 1:30 pm • Mah Jong

2
 8 am • Circuit • Joanne
 10 am • Circuit • Kathy
 11 am • Classic • Elaine

9
 8 am • Circuit • Joanne
 10 am • Circuit • Kathy
 11 am • Classic • Elaine

16
 8 am • Circuit • Joanne
 10 am • Circuit • Kathy
 11 am • Classic • Elaine

23
 8 am • Circuit • Joanne
 10 am • Circuit • Kathy
 11 am • Classic • Elaine

30
 8 am • Circuit • Joanne
 10 am • Circuit • Kathy
 11 am • Classic • Elaine

3
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

10
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

17
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 12:15 pm • PWR!Moves • Steve*
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

24
 No Classes
 Thanksgiving

4
 8 am • Circuit • Joanne
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy***

11
 8 am • Circuit • Joanne
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy***

18
 8 am • Circuit • Joanne
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy***

25
 8 am • Circuit • Joanne
 9 am • Classic • Joanne

5
 9 am • Circuit • Joanne

12
 9 am • Circuit • Joanne

19
 9 am • Circuit • Joanne

26
 9 am • Circuit • Joanne

OLDER ADULT EXERCISE CLASSES

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member; \$5/class/community.

Balance

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

PWR Moves!

Parkinson's Wellness and Recovery (PWR!) is a program to counteract the major symptoms of Parkinson's, restore function and improve quality of life.

Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

Balance and Posture

Work on Strengthening your postural and stabilizing muscles to improve your balance in this half-hour class.

For more information
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